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What Do I Wear To Play Paintball?

By Andrea Wilson

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Paintball clothing is as varied as the players themselves, but some recommendations and rules apply at most commercial fields. After that, no two players will dress alike. You'll see the weekend recball players in long sleeved t-shirts, jeans and baseball caps, sporting rented markers. Then you'll see the pros and die-hards in full camouflage gear, sporting the fanciest sniper rifles on the market.

1. Ghillie Suits and Sniper Suits

Ghillie suits and sniper suits are similar. They are both camouflage suits that consist of headgear, jacket (or poncho) and pants covered with simulated vegetation made from jute or other similar material. Basically, you look like a walking heap of forest growth.

Ghillie-type headgear is especially useful in that it breaks up the outline of the human head. The shape of the human head is not found anywhere else in nature so it is easily recognized by an opposing paintball player... or by a wary deer, for that matter.

Since ghillie suits are used by hunters, as well as paintball players, you might try your local sporting goods store. Sniper suits can often be found in military supply stores.

There are several online stores that sell ghillie suits. The only problem with buying online is that you can't try on the suit to see how it fits or to see how you like one particular style versus another. So, make sure any online store has a good return

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policy. You can get a lot of tactical gear, including ghillie pants, jacket and poncho, here: <http://www.ablewebs.com/rap4.htm>.

2. Headgear

Headgear other than goggles and masks consists of ghillie hoods, veils, headwraps, baseball caps and knit caps. Ghillie hoods and veils are used for camouflage to disguise the shape of the human head. Baseball caps, knit caps and head wraps are used to keep the paint out of the player's hair. Baseball caps worn backwards are also useful to cover the back of the neck.

3. Regular Clothing

Paintball requires a lot of physical energy so players tend to get quite warm when playing. Although sufficient layers of clothing are needed to prevent paintballs from leaving welts, too much clothing can cause overheating of the body. Therefore, a heavy winter jacket should not be worn.

As well, most fields won't allow a heavy jacket because it prevents the player from feeling the impact of the paintball when they are hit.

The rule for clothing is to wear loose-fitting long pants (not fitted jeans) and a long-sleeved shirt or jersey over a t-shirt, with an added light jacket in cool weather. Although some fields allow t-shirts and short pants to be worn during play, this leaves the skin exposed... and since you WILL get hit... ouch! Not recommended!

Wear clothing that is earth-toned or olive green in color. Do not wear white unless playing in the snow. Avoid the colors referees and judges wear (usually red or orange) and avoid bright colors that you wouldn't find in nature, like bright yellow, lime green, shocking pink, etc.

4. Footwear

There are a lot of recommendations about various kinds of footwear for paintball. Most players wear running shoes, sturdy work shoes, hiking boots or combat-style boots. Cleated paintball shoes are available in some paintball stores.

5. Gloves

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Gloves come in various styles: full finger, half finger, and fingerless. Full fingered gloves give the best protection against impact. Fingerless gloves obviously provide the most control for rapid fire techniques like walking the trigger, etc. Try on several pair before buying as a good fit is very important. Ill-fitting gloves will certainly interfere with your ability to fire rapidly and accurately.

6. Goggle Systems

Goggle systems are getting more and more sophisticated every day. Some goggle systems have built in fans to prevent fogging. Some even have built in communication systems! These are especially useful for recball and scenario games.

The most important thing to remember when buying goggles is that they must meet or exceed ASTM standards. This is for your safety and should never be compromised. If you have to spend a few more dollars to get ASTM certified goggles, it will be money well spent!

Another important thing to remember when buying goggles is to be sure they fit well and feel comfortable. Your goggles have to become part of you because you CANNOT take them off or even lift them even for a second during a game. You have to WANT to wear your goggles.

Never make any modifications to the factory specifications of your goggle system. The mask and goggles must be made to work together. Do not try to combine parts from different systems!

7. Vests

Vests are generally only used for scenario paintball games where they're used to carry a pistol, grenades, tubes (to carry extra paintballs), etc. They come in many colors and patterns, and are often theme-based in style, including police, CIA, military, offbeat, etc. You can even get one custom made! You can find some here: <http://www.ablewebs.com/rap4.htm>, <http://www.cops911.com/category.asp?id=114>.

8. Patches

Police and S.W.A.T. patches are popular with paintball players. These are patches you iron on to your combat or police-style

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jacket or vest. You can find some here:

<http://www.ablewebs.com/rap4.htm>

9. Tattoos

While not technically considered clothing, tattoos among paintball players are quite popular. The rule is: If you see a tattoo you like, wait 12 months before you get it. If you still like it and still like the idea of getting a tattoo after the year is up, then go for it... always assuming your family is supportive, of course!

Most paintball players don't have tattoos specific to paintball, but some do, of course. You can do a search in Google or Yahoo for "paintball tattoos" to see if you can find some examples of paintball tattoos you might like. Or, get an artist friend of yours to design one for you.

By the way, as we mentioned in the article on paintball safety,

paintball sometimes hurts. And so does getting tattooed. Neither are for the faint of heart!

Develop Your Own Style... Within the Rules of Paintball

What you wear to play paintball doesn't matter once you've followed the basic rules and recommendations. Just develop your own style over time as you observe others and shop around to add to your paintball wardrobe. Don't forget to shop online, too. There are enough paintball supply stores online to keep you busy for quite awhile. You can start here:
<http://www.ablewebs.com/rap4.htm>.

Andrea Wilson is a writer and the mother of a teenage paintball fanatic. To learn more about paintball, she recommends you take a look at <http://www.PaintballHeroes.com> and <http://www.PaintballPicks.com>.

Ingenious Paintball Gun Exchange Program

By Shelley Borle

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Real Action Paintball has offered an assortment of paintball markers that are intended to provide the customer an experience that is as real as possible. The foundation of this operation is the RAP4, the

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initial paintball marker planned like a real assault rifle, the military's M4. Real Action Paintball proclaimed an additional trade first: an equipment trade-in program.

"Real Action Paintball will take any paintball markers, air soft guns, or bb guns in trade," said KT Tran, owner and operator of Real Action Paintball. "They don't even need to be working for the customer to earn \$150 in credit." The credit, says Mr. Tran, can be put towards the purchase of a RAP4 Paintball Gun, T68 Paintball Gun, or a T16 Paintball Gun.

"We unite and serve several disciplines – including airsoft, paintball, military, and law enforcement training – so we decided the best way to serve our broad customer base is to allow them to trade in the old equipment they already have for new."

The pitch appears just in time for people who might be shopping for that wonderful gift either for himself or herself or a friend or family member. The end date for the offer has yet to be established, Mr. Tran thinks that it will be a hit since it targets a customer base that have previously articulated their curiosity in real action games and training.

"We just want to make it easier for our customers to get the newest and best products available."

About The Author: Shelley Borle is a Virtual Assistant, Writer & Expert On Boys. Visit Her Country Variety Lifestyle Magazine <http://www.countryvariety.com/CVL.htm> as well as her CountryVariety.com Professional Virtual Services site <http://www.countryvariety.com> Email shelley@countryvariety.com



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